



How to Write Off Guilt Setting Free the Past Through Journaling The Blue Rainbow Series

By Barb Bailey

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 220 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. This is a tough in your face type of short book on facing guilty feelings. The purpose is educate you about guilt so you can release it from your life once and for all. You will find that the feelings of guilt is a learned behavior. These feelings are not your fault. Therefore you can change your life by letting go of guilty feelings! Very few punches have been pulled when I ask the following questions: What causes people to wallowing in their guilt Do you realize that guilt can cause the Woe is me, I'm such a bad person syndrome Do you often get triggered by senses of guilt for very little reason Do feelings of guilt stop you from doing the things that you enjoy In this book you will learn how to release these self-indulging feelings of guilt, so you can free yourself once and for all. Contained in the book is an exciting new process for personal growth and transformation. These tools includes: 1) Following this short focused book is your own personal journal pages where...



Reviews

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